

**KEEP  
LONDON  
SAFE**

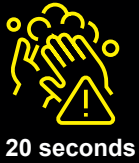


**Test and Trace**

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**Protect your friends and family**

## Protect yourself with the 3 Ws:



1. Wash your hands for at least 20 seconds (or use hand sanitiser)



2. Wear a mask on public transport, in shops and in crowded places



3. Watch your distance – keep 2m apart, if you can, and at least 1m apart if there's not room for 2m

## Prevent the spread of the virus:



Got symptoms of coronavirus like a cough or high temperature?



Book a test straight away by calling **119** or going to [nhs.uk/coronavirus](https://www.nhs.uk/coronavirus) or call **18001 119** if you are speech/hearing impaired



Self isolate for 7 days



Keep your community safe

## NHS Test and Trace

If you have tested positive for coronavirus you will be asked by the NHS to let your recent contacts know they may be at risk. This includes your family or other people you live with, as well as people you have been in direct contact with, or within 2 metres of, for more than 15 minutes.

Test and Trace is key to combating the spread of coronavirus. If you're told you've been in contact with a person who has coronavirus you will need to self-isolate (stay at home) for 14 days from the day you were last in contact with the person. People you live with/are in a bubble with do not need to self-isolate if you do not have symptoms.

## How contact tracing works

